The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

1. An adjustable support assembly for attachment to a work surface to support a data entry/interface device for computers or the like, such as a keyboard, keypad, laptop/notebook computer, personal data/digital assistant, tablet PC, trackball or the like, said support assembly comprising:

a data entry/interface mount for engaging and supporting a data entry/interface device for computers or the like;

a work surface mount for attachment to a work surface;

a linkage assembly for adjustably connecting said data entry/interface mount to said work surface mount; and

an adjustment assembly for adjusting the height and angular tilt positions of said data entry/interface mount on said linkage assembly with respect to said work surface mount, said adjustment assembly including a pair of actuator handles mounted on said data entry/interface mount, and a pair of release assemblies also mounted on said data entry/interface mount, one handle movable for operation of one of said release assemblies to adjust the height of said data entry/interface mount, the other handle movable for operation of the other release assembly to adjust the angular tilt of said data entry/interface mount.

2. The support assembly of claim 1 wherein said actuator handles are mounted in close proximity to one another such that a user of said support assembly can engage and move one or both of said handles with one hand for adjustment of one or both of said height and said angular tilt of said data entry/interface mount as desired.

3. The support assembly of claim 2 wherein at least one of said actuator handles is connected to its respective release assembly by a flexible, movable cable.

4. The support assembly of claim 3 wherein each of said actuator handles is connected to its respective release assembly by a flexible, movable cable.

5. The support assembly of claim 3 wherein said release assembly includes a movable clamp connected to said cable, movement of said at least one actuator handle causing movement of said clamp and release of said release assembly.

6. An adjustable support assembly for attachment to a work surface to support a data entry/interface device for computers or the like, such as a keyboard, keypad, laptop/notebook computer, personal data/digital assistant, tablet PC, trackball or the like, said support assembly comprising:

a data entry/interface mount for engaging and supporting a data entry/interface device for computers or the like;

a work surface mount for attachment to a work surface;

a linkage assembly for adjustably connecting said data entry/interface mount to said work surface mount;

a first adjustment assembly having engaged and release positions such that the height of said data entry/interface mount on said linkage assembly may be adjusted with respect to said work surface mount when in said release position;

a first handle movably mounted on said data entry/interface mount for access and movement by a user of a data entry/interface device when a data entry/interface device is mounted on said data entry/interface mount;

a first cable actuator coupled between said first handle and said first adjustment assembly, said first cable actuator actuating said first adjustment assembly from said engaged to said release position and allowing adjustment of said height of said data entry/interface mount when said first handle is moved by the data entry/interface user;

a second adjustment assembly having engaged and release positions such that the angular tilt of said data entry/interface mount on said linkage assembly may be adjusted with respect to said work surface mount when in said release position;

a second handle movably mounted on said data entry/interface mount separate and independent of said first handle for access and movement by a user when a data entry/interface device is mounted on said data entry/interface mount;

a second cable actuator coupled between said second handle and said second adjustment assembly, said second cable actuator actuating said second adjustment assembly from said engaged to said release position and allowing adjustment of said angular tilt of said data entry/interface mount when said second handle is moved by the user.

7. The support assembly of claim 6 wherein said first adjustment assembly includes a first adjustment member coupled to one portion of said linkage assembly, and a first clamp member mounted on at least one of said data entry/interface mount and said linkage assembly and engaging said first adjustment member, said first cable actuator being connected to said first clamp member for movement of said first clamp member between a clamping and release positions upon movement of said first handle, said first clamp member resisting movement of said first adjustment member in at least one direction to resist a change in height of said data entry/interface mount when in said clamping position.

8. The support assembly of claim 7 wherein said second adjustment assembly includes a second adjustment member coupled to one portion of said data entry/interface mount, and at least one second clamp member movably mounted on at least one of said data entry/interface mount and said linkage assembly and engaging said second adjustment member, said second cable actuator being connected to said second clamp member for movement of said second clamp member between a clamping and release positions upon movement of said second handle, said second clamp member resisting movement of said second adjustment member in at least one direction to resist a change in the angular tilt of said data entry/interface mount when in said clamping position.

9. The support assembly of claim 8 wherein said second adjustment assembly includes a pair of second clamp members, each of said second clamp members being movably mounted on a portion of said linkage assembly and engaging said second adjustment member, said second cable actuator being connected to both of said second clamp members such that said second clamp members are each movable between respective clamping and release positions simultaneously upon movement of said second handle, said pair of second clamp members resisting movement of said second adjustment member in two directions to resist changes in the angular tilt of said data entry/interface mount when in said respective clamping positions.

10. The support assembly of claim 9 wherein said first and second clamp members are mounted on the same portion of said linkage assembly.

11. The support assembly of claim 10 wherein said first and second clamp members are respectively mounted in first and second clamp housings, said first and second clamp housings being pivotally mounted on said same linkage assembly portion.

12. The support assembly of claim 11 wherein each of said first and second clamp housings includes a spring engaging the respective first and second clamp members, each spring urging its respective first clamp member or second clamp members to said respective clamping positions.

13. The support assembly of claim 12 wherein said first and second handles each include a handle spring engaging said data entry/interface mount urging said handles toward their respective clamp positions.

14. The support assembly of claim 13 wherein each of said first and second handles is molded from a polymeric material, each of said first and second handles including said handle spring molded integrally therewith from said polymeric material.

15. The support assembly of claim 13 wherein said first and second handles are each pivotally mounted on said data entry/interface mount and are each elongated to increase the mechanical advantage to the user to release said respective first and second clamp members for adjustment of said data entry/interface mount.

16. The support assembly of claim 11 wherein each of said first and second clamp housings includes an aperture therethrough, said respective first and second adjustment members passing through and being confined by said aperture in said respective first or second clamp housing.

17. The support assembly of claim 9 wherein each of said first and second clamp members includes an aperture therethrough, said respective first and second adjustment members passing through said aperture in said respective first and second clamp member.

18. The support assembly of claim 17 wherein each of said first and second clamp housings includes an aperture therethrough, said respective first and second adjustment members passing through and being confined by said aperture in said respective first or second clamp housing.

19. The support assembly of claim 6 wherein said second adjustment assembly includes a second adjustment member coupled to one portion of said data entry/interface mount, and at least one second clamp member movably mounted on a portion of said linkage assembly and engaging said second adjustment member, said second cable actuator being connected to said second clamp member for movement of said second clamp member between a clamping and release positions upon movement of said second handle, said second clamp member resisting movement of said second adjustment member in at least one direction to resist a change in the angular tilt of said data entry/interface mount when in said clamping position.

20. The support assembly of claim 19 wherein said second adjustment assembly includes a pair of second clamp members each movably mounted on a portion of said linkage assembly and engaging said second adjustment member, said second cable actuator being connected to both of said second clamp members such that said second clamp members are each movable between respective clamping and release positions simultaneously upon movement of said second handle, said pair of second clamp members resisting movement of said second adjustment member in two directions to resist changes in the angular tilt of said data entry/interface mount when in said respective clamping positions.

21. The support assembly of claim 6 wherein said first and second handles each include a handle spring engaging said data entry/interface mount urging said handles toward their respective clamp position.

22. The support assembly of claim 21 wherein said first and second handles are each pivotally mounted on said data entry/interface mount and are each elongated to increase the mechanical advantage to the user to release said respective first and second clamp members for adjustment of said data entry/interface mount.

23. The support assembly of claim 6 wherein said first and second handles are mounted in close proximity to one another such that a user of said support assembly can engage and move one or both of said handles with one hand for adjustment of one or both of said height and said angular tilt of said data entry/interface mount as desired.

24. An adjustable support assembly for supporting a data entry/interface device for computers or the like such as a keyboard, keypad, laptop/notebook computer, personal data/digital assistant, table PC, trackball or the like, said support assembly comprising:

a data entry/interface mount for engaging and supporting a data entry/interface device for computers or the like;

a work surface mount adapted to be coupled to a work surface;

a linkage assembly having one end coupled to said work surface mount and an opposite end coupled to said data entry/interface mount;

a first adjustment member having an axis of elongation and coupled to one of said data entry/interface mount and said linkage assembly, and adapted to move with said one of said data entry/interface mount and said linkage assembly upon movement thereof;

a first clamp member mounted on the other of said linkage assembly and said data entry/interface mount and defining a first clamp opening, said first adjustment member received in said first clamp opening, said first clamp member having a clamped position in which said first clamp member is in clamped engagement with said first adjustment member and resists movement thereof, said first clamp member having a release position shifted from said clamped position, and in which said first adjustment member is moveable relative said first clamp member; and

a first actuator assembly coupled to said first clamp member to selectively shift said first clamp member between said clamped position and said release position.

25. The support assembly of claim 24 wherein said first actuator assembly includes a pivotable first handle mounted on said data entry/interface mount and a first flexible, movable cable coupled between said first handle and said first clamp member.

26. The support assembly of claim 25 including at least one spring for urging said first handle, said first cable, and said first clamp member toward said clamped position.

27. The support assembly of claim 26 wherein said spring engages said first clamp member.

28. The support assembly of claim 26 wherein said spring extends between said first handle and said data entry/interface mount.

29. The support assembly of claim 26 including at least two springs, a first spring engaging said first clamp member, and a second spring extending between said first handle and said data entry/interface mount.